

Clinical Trial Protocol

Iranian Registry of Clinical Trials

31 Jul 2026

The effect of educational intervention based on PRECEDE model on health promoting behaviors of women of reproductive age

Protocol summary

Study aim

Determining the effect of educational intervention based on PRECEDE model on health promoting behaviors of women of reproductive age

Design

This research was a randomized controlled trial conducted on 120 health authorities in Rasht.

Settings and conduct

This study was performed on 120 (60 intervention, 60 controls) married women of reproductive age (15-49 years) who were covered by Shahid Farshad Health Center in the city of Yazd in Iran. Data collection tool was a triploid questionnaire that included demographic data, researcher-made questionnaire according to the PRECEDE model and health-promoting lifestyle Profile-II (HPLP-II) questionnaire. Questionnaires were completed by intervention and control groups before and 2 months after training.

Participants/Inclusion and exclusion criteria

The inclusion criteria for this study were as follows: Being married, being in reproductive age (15-49 years); Elementary literacy; Stay in the area of intervention until the end of the study; being willing to participate in the research. Exclusion criteria included: Having a special diet; Restrictions on physical activity; having a special physical and mental illness; Being pregnant

Intervention groups

The intervention group were through seven sessions (60-90 minutes) at a week intervals under the training of healthy lifestyles. Lecture, group discussion, question-and-answer, film, demonstration and teaching aids such as (whiteboard, video projector, computer and educational booklet) were used to present the information. The control group did not receive any training during the intervention.

Main outcome variables

Health promoting behaviors, predisposing factors (knowledge and attitude), reinforcing factors, enabling factors

General information

Reason for update

Acronym

IRCT registration information

IRCT registration number: **IRCT20191019045160N1**

Registration date: **2020-01-14, 1398/10/24**

Registration timing: **retrospective**

Last update: **2020-01-14, 1398/10/24**

Update count: **0**

Registration date

2020-01-14, 1398/10/24

Registrant information

Name

somayeh mirrezaei

Name of organization / entity

Country

Iran (Islamic Republic of)

Phone

+98 66 3222 3474

Email address

mirrezaei25.s@gmail.com

Recruitment status

Recruitment complete

Funding source

Expected recruitment start date

2014-07-23, 1393/05/01

Expected recruitment end date

2014-09-23, 1393/07/01

Actual recruitment start date

2014-07-23, 1393/05/01

Actual recruitment end date

2014-09-23, 1393/07/01

Trial completion date

2016-03-19, 1394/12/29

Scientific title

The effect of educational intervention based on PRECEDE model on health promoting behaviors of women of reproductive age

Public title

health-promoting lifestyle in Women of reproductive age

Purpose

Education/Guidance

Inclusion/Exclusion criteria**Inclusion criteria:**

Being Married being in reproductive age (15-49 years)
Elementary literacy Residence in the area until the end of the study Being Willingness to participate in the study

Exclusion criteria:

Having a special diet Restrictions on physical activity
having a special physical and mental illness Being pregnant

Age

From **15 years** old to **49 years** old

Gender

Female

Phase

N/A

Groups that have been masked

No information

Sample size

Target sample size: **120**

Actual sample size reached: **120**

Randomization (investigator's opinion)

Randomized

Randomization description

Samples were systematically randomly selected so that the population covered by the health center was divided into the sample size ($n = 120$) and the distance between samples was obtained. Then, by choosing a random number between 1 and K, the first number was chosen. The number of the next person was obtained by adding K to the number of the previous one. Finally, the samples were divided into two groups of control and Intervention by using Random number table.

Blinding (investigator's opinion)

Not blinded

Blinding description**Placebo**

Not used

Assignment

Parallel

Other design features**Secondary Ids**

empty

Ethics committees**1****Ethics committee****Name of ethics committee**

Ethics Committee of Yazd University of Medical Sciences

Street address

School of Public Health, Shahid Sadoughi University of Medical Sciences, Alam Square, Yazd, Iran

City

Yazd

Province

Yazd

Postal code

8915173160

Approval date

2014-06-09, 1393/03/19

Ethics committee reference number

17/1/51843/پ

Health conditions studied**1****Description of health condition studied**

health-promoting lifestyle

ICD-10 code**ICD-10 code description****2****Description of health condition studied**

Women of Reproductive Age

ICD-10 code**ICD-10 code description****3****Description of health condition studied**

Precede Model

ICD-10 code**ICD-10 code description****Primary outcomes****1****Description**

Health Promoting Behavior Score

Timepoint

Before and two months after intervention

Method of measurement

health-promoting lifestyle Profile-II (HPLP-II) questionnaire

2**Description**

knowledge score

Timepoint

Before and two months after intervention

Method of measurement

researcher-made questionnaire according to the PRECEDE model

3**Description**

Attitude score
Timepoint
Before and two months after intervention
Method of measurement
researcher-made questionnaire according to the PRECEDE model

4

Description
Reinforcing factors score
Timepoint
Before and two months after intervention
Method of measurement
researcher-made questionnaire according to the PRECEDE model

5

Description
Enabling factors score
Timepoint
Before and two months after intervention
Method of measurement
researcher-made questionnaire according to the PRECEDE model

Secondary outcomes

1

Description
-
Timepoint
-
Method of measurement
-

Intervention groups

1

Description
Intervention group:the intervention group were through seven sessions (60-90 minutes) at a week intervals under the training of healthy lifestyles . Lecture, group discussion, question-and-answer, film, demonstration and teaching aids such as (whiteboard, video projector, computer and educational booklet) were used to present the information.
Category
Lifestyle

2

Description
Control group:No intervention and educational program were used in the control group.
Category
Lifestyle

Recruitment centers

1

Recruitment center
Name of recruitment center
Shahid Farshad Health Center
Full name of responsible person
Dr. Aref
Street address
Kashani Street, Housing and Urban Development Street
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yazd
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-
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Sponsors / Funding sources

1

Sponsor
Name of organization / entity
Yazd University of Medical Sciences
Full name of responsible person
Dr. Massoud Mirzaei
Street address
Shahid Bahonar Square
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8916978477
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info@ssu.ac.ir
Grant name
Grant code / Reference number
Is the source of funding the same sponsor organization/entity?
Yes
Title of funding source
Yazd University of Medical Sciences
Proportion provided by this source
100
Public or private sector
Public
Domestic or foreign origin
Domestic
Category of foreign source of funding
empty
Country of origin
Type of organization providing the funding

Person responsible for general inquiries

Contact

Name of organization / entity

Yazd University of Medical Sciences

Full name of responsible person

Somayeh Mirrezaei

Position

Graduate of Health Education

Latest degree

Master

Other areas of specialty/work

Public Health

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Person responsible for scientific inquiries

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Full name of responsible person

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Professor

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Other areas of specialty/work

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Latest degree

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Other areas of specialty/work

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Sharing plan

Deidentified Individual Participant Data Set (IPD)

No - There is not a plan to make this available

Justification/reason for indecision/not sharing IPD

There is no more information

Study Protocol

No - There is not a plan to make this available

Statistical Analysis Plan

No - There is not a plan to make this available

Informed Consent Form

No - There is not a plan to make this available

Clinical Study Report

No - There is not a plan to make this available

Analytic Code

No - There is not a plan to make this available

Data Dictionary

No - There is not a plan to make this available